

Sunshine Rice

This citrusy rice contains almonds, celery, and onions, but no added salt, for a flavorful low-sodium side dish.

Ingredients:

- 1½ Tbsp vegetable oil
- 1¼ cups celery with leaves, finely chopped
- 1½ cups onion, finely chopped
- 1 cup water
- ½ cup orange juice
- 2 Tbsp lemon juice
- dash hot sauce
- 1 cup long-grain white or brown rice, uncooked
- ¼ cup almonds, slivered



Directions:

1. Heat oil in medium saucepan. Add celery and onions and sauté until tender, about 10 minutes.
2. Add water, juices, and hot sauce. Bring to a boil. Stir in rice and bring back to a boil. Let stand covered until rice is tender and liquid is absorbed.
3. Stir in slivered almonds. Serve immediately as a side dish for a fish entrée.

Yield: 4 servings.

Serving size: 1/3 cup

Each serving provides:

Calories: 276

Total fat: 6 g

Saturated fat: less than 1 g

Cholesterol: 0 g

Sodium: 52 mg

Fiber: 5 g

Protein: 7 g

Carbohydrate: 50 g

Potassium: 406 mg

<http://www.health.gov/dietaryguidelines/dga2005/healthieryou/html/sides.html#6>